SACRED DANCE GUILD
JOURNAL
FALL 2011 VOLUME 53 NUMBER 2

Dancing the Sacred, Moving the World

Dance a World of Hope!

The logo for Festival 2012 begins with an original photograph taken by the artist, Svetlana Swinimer, of her sculpture "Mobius" that has then been computer animated and modified such that it encompasses dancers as an integral part of the painting. Visit the artist's website at **www.svetlana-swinimer.ca** for other works by Ms. Swinimer and for information about her.

This rendition transforms the photograph of the original 15' sculpture into a multi dimensional representation that explores the theme of the Sacred Dance Guild's 2012 Festival "Dance a World of Hope". The continual movement and connections in the image remind us that when dance is offered or experienced as a sacred art both the dancer and those witnessing the dance are transformed.

The Mobius was named after the astronomer and mathematician August Ferdinand Möbius (1790-1868). He discovered that a single strip of paper that is twisted and glued together becomes a single surface that is never ending. This fascinating shape expresses Transformation. Most of us know that today the Mobius Strip has been chosen as the Universal symbol of recycling.

The Mobius strip represents a willingness to move WITH the constantly changing cycles in our Life process, transforming our challenges into solutions. The Mobius Strip shape is symbolic of eternal change within stillness itself. It is an expression of non-duality. It reveals the Unity of all polarities, creating a state of Oneness, joining the whole and the part, the masculine and the feminine, expansion and contraction, spirit and matter, etc. Everything is One and nothing can be separated from anything else. All is completely intertwined, infinitely.

The Mobius Strip is a spiritually significant symbol of balance and union. The continuum is descriptive of the Nature of Reality, by contemporary physicist David Bohm..."a single unbroken wholeness in flowing movement." That pretty much sums up the Festival experience as well!

We are so pleased to have this as our logo for Festival 2012!

"Dance a World of Hope"
A Sacred Dance Festival • July 24-29, 2012
Hope College, Holland, Michigan

A Letter from Your President by JoyBeth Lufty

We hope you will enjoy this Fall 2011 edition of our Sacred Dance Guild's Journal. As you will learn while reading "The State of The Guild Address" delivered at our Summer 2011 Annual General Meeting in Ottawa Canada, your Sacred Dance Guild has been busy getting ready for its "M& M", "Movers & Moneys" stage of growth.

Yes, we need each and every one of you to dance with YOUR Sacred Dance Guild in a variety of ways, dancing the sacred together, to continue to bring HOPE to our world. Keep on reading and also exploring our website to see all the different ways each and everyone of us is "Dancing the Sacred, Moving the World."

State of the Guild Address 2011

As we know, our Sacred Dance Guild has to update and expand if we are to continue on into the future…

2010-2011 was our year to finish up our updating and revising of our systems and of expanding our programs and services to our members. Really look into our website and you will find that Chapters are metamorphing into Local Networks and Affiliates into Reciprocal Relations. We now have a new motto and an official SDG song/Body Prayer. We have new membership features such as Meet A Member, Sacred Dance Company Newsletters, Sacred Dance Is…, Sacred Music and educational printable handouts. Our programs now include not only our Biennial Festival, but also SDGO Benefit Concerts, Traveling Workshops, Sacred Dance Journeys, and our Tele-Interview Series.

With our new systems and expanded programming, we are now ready to update our By-Laws this coming year. This will coincide with the third phase of our "Keep SDG alive and dancing worldwide!" intent on the Growing and Greening of SDG: Growing our membership & volunteer workers, our resources, our educational writings, our workshops & classes, our Sacred Dance Business Directory and greening SDG with MONEY… MONEY… MONEY!

We need to bring in between $40,000 to $70,000 a year, not $20,000. We need 1000 members, not 300-400. We need to have at least 4 Traveling Workshops a year, 2 major SDGO Benefit Events a year, full Sacred Dance Journeys every other year and at least 200 Festival Participants every other year. We need 9 dedicated and hard working Board Members and many more working volunteers that will coordinate Traveling Workshops, Local Network Workshops and Events, and SDGO Benefit Sacred Dance Concerts. We need volunteer writers for our Journal and our various web features. We also really need a paid Executive Director, to help our Volunteer Boards of the Future to do all that needs to be done each year, each month, each week and each and every day.

We really need and are ready to reach out to the world through linking, publicity and promotion. We need YOU to send us the e-mail addresses of the Sacred Dance Resources of all types that you know about. We need You to recruit new members and get the word out about SDG. We need YOU to find us Business Members & Supporters, big donors, and grant monies.

Yes, what SDG needs now is Movers & Moneys! And we need every member to help dance these movers and monies our way! We need "M&M's" and lots of them to really move SDG into the reality of being the umbrella for Global Sacred Dance. We all need to "Dance The Sacred & Move The World" so we can "Dance a World of Hope" together!

Board of Directors
Officers, 2011-2012
President: JoyBeth Lufty (ME, TX)
Vice-President: Lisa Michaels (GA)
Treasurer/Secretary: Ann Pomeroy (NV)

Directors, 2011-2012
Programs: Wendy Morrell (ON, Canada), Mary Kamp (OH)
Public Relations: Elaine Sisler (MA)
Resources: Cherie Hill (CA), Jennifer McDaniel (VA)

Journal Coordinator: Elaine Sisler

The JOURNAL is the official publication of the Sacred Dance Guild, a non-profit international corporation, founded in 1958, and providing members with information and opportunities for *dancing the Sacred, moving the world.* Reprints of articles in the Journal are by permission of the President only. The Online Directory is intended only for the use of Guild members in carrying out the activities and purposes of the Guild.

Policy Statement: The Sacred Dance Guild recommends and encourages its members to list their SDG affiliation when presenting workshops and performances. However, the Guild letterhead, logo and name are to be used only in connection with official Guild business and activities, as endorsed by a Local Network or Guild Executive Board. Official address: Sacred Dance Guild, 550 Ritchie Highway, #271, Severna Park, MD 21146.

Sacred Dance Guild, Inc. All rights reserved. ISSN 1043-5328.

Sacred Dance Guild Web Site: www.sacreddanceguild.org.

Membership to the Sacred Dance Guild is available for the following rates: One-Year Membership (Domestic AND International, US Dollars) $50; One-Year Business Membership ($200); Two-Year Membership (Domestic AND International, US Dollars) $80; One-Year Student and Senior (65+) Membership $35; One-Year Group Membership $90 and Life Membership $1000.

Members receive:

- Online Sacred Dance Guild Journal published twice a year
- Online Membership Directory with geographical and leadership listings printed
- Calendar of Events online with regional, national, and international activities
- Membership in Local Networks with community events and activities
- Reduced fees at the International Festival held biennially in different locations within the United States
- Reduced fees at Guild workshops and those of reciprocal organizations
- Opportunity to be listed as a resource in the Online Resource Library
- Ability to sign up for email reminders for events listed on SDG Event Calendars
- And many more opportunities to "Dance the Sacred, Move the World" through our interactive website

Membership orders should go to:
Sacred Dance Guild, 550 Ritchie Highway, #271
Severna Park, MD 21146.

Deadlines for the **JOURNAL**: September 15 and March 15. Articles accepted with 500 words or less.

Local Network and membership news, letters and color photographs should be sent by deadline dates to: journal@sacreddanceguild.org

Historic Notes

by Toní Intravaia

From the Sacred Dance Guild's Newsletter Winter 1978, Volume XV, No 2

"Calling" from Lotus Light by Ruth St. Denis

The Gods have meant
That I should dance,
And by the Gods
I will!
For in some mystic hour
I shall move to unheard rhythms
Of the cosmic orchestra of heaven,
And you will know the language
Of my wordless songs,
And will come to me-
For that is why I dance.

"Dance Divine" from Lotus Light

We are free of time and space
The gestures
Of our right and left hands
In the meetings and partings
Of our rhythms
Are the fulfillment of our completed selves
In the endless avowal
Of that selfhood which is divine
We use our translucent bodies
In a new language
To express the glory of our love

From the Sacred Dance Guild's Newsletter Spring 1974, Volume XVI, No. 3

Praise Him With the Timbrel and Dance; Praise Him With Stringed Instruments and Organs by Vija Vetra

These Psalms from the Old Testament show that dance as worship was known to the Hebrews of long ago. Likewise the Ancient Egyptians, the Aztecs, the Mayas, the Greeks and other peoples with a highly developed cultural life made great use of the dance in their ceremonies and divine worship. The ancient temples of India, the sacred place of the Hindu religion were once, and to some extent still are, the scene of devotional dance-offerings. In India, the dance was also used as a "visual aid" and as a means of teaching people the deeper meaning of religion through allegorical stories drawn from the Hindu mythology.

From the Sacred Dance Guild Journal Volume 25, Number 3, 1989

Fifty-Year Backward Look by Forest Winston Coggan

The influence of Ruth St. Denis and Ted Shawn can't be overemphasized. So many of the "pioneers" were touched by their dedication, broad study and wide spread performance.

I'm sure that Mary Jane Wolbers would agree. How fortunate we were to have them as "mother and father."

Although I had created small compositions of religious nature for churches, the first sizeable challenge came in 1947 when, with the orchestra under the baton of Alexander Schuster and dancers under my direction, we staged Bernstein's "Jeremiah Symphony" at MSU auditorium. Leonard Bernstein had worked long and hard on this music, so close to his heart at the beginning of his career and was glad to have someone else share his inspiration.

In This Issue

Dance a World of Hope! 1
President's Letter 2
Board of Directors 2
Historic Notes by Toní Intravaia 3
New Sacred Dance Trends Blog! *by Cherie Hill* 4
We Will Miss You Lucy! 5
Dancing the Sacred, Moving the World *by Marilyn Green* 6
Diamonds Are Forever *by Carolynn-Hine Johnson* 8
Dance A World of Hope 9
A Daily Dose of Dance 9
Swan Song *by Elaine Herg Sisler* 10
Culture Fest 2012 11
The Four Directions: Light Body Prayer *by JoyBeth Lufty* 12
SDG Board Rocks with John Ceprano in Ottawa 13
Beauty We Are! A Sacred Dance Journey *by JoyBeth Lufty* 14
Recommended Reading/Viewing *by Toní Intravaia* 16

Journal Contributors:
Elaine Sisler, JoyBeth Lufty, Cherie Hill, Wendy Morrell, Mary Kamp, Carla DeSola, Marilyn Green, Carolynn Hine-Johnson, Toni Intravaia
Design: Betsy Earley of Bay Media, Inc.

For the future, SDG Members without computers may request a printed copy of the Journal to be mailed to them.

New Sacred Dance Trends Blog!

By Cherie Hill Co-Resources Director

Dear sacred dancers: Please check out my new blog on sacred dance trends now published online at: **https://sacreddance-trends.wordpress.com**. This blog documents my world explorations seeking and experiencing trendy, sacred dance gatherings! I consider myself a sacred dance fanatic, a scavenging soul, pursuing the underground, ancient practices of worshipping the Almighty through the innovations, technology, & hearts of the 21st century.

I have created this blog in hopes that it will be interactive and you will feel inspired to leave comments and contribute what you find to be sacred and satisfying to your soul. I want to know how you get your 21st century praise on, and would love to feature sacred dance gatherings in your area. Highlights so far include the 2nd annual Roots Reggae Dub Expo in San Diego, CA, and the 30th annual Planetary Dance hosted by Anna Halprin. If you have suggestions on events that should be highlighted please email me at: Res2@sacred-danceguild.org or leave a blog comment. My goal is to document and expand our knowledge and definitions of sacred dance, while becoming aware of and supporting all participants in the sacred dance community.

InterPlay

unlock the wisdom of your body

InterPlay All Over the Playce!

Find InterPlay in many different spots in the country and the world. Immerse yourself in the gentle, transformative wisdom of the body. Anyone can do it! All ages, sizes, colors, shapes, abilities, hopes, desires.

The **InterPlay** practice and philosophy, created by **Cynthia Winton-Henry & Phil Porter**, is a powerful yet incremental way to experience our fullest, most integrated selves. Rooted in movement, stories, songs and stillness, InterPlay illuminates and reveals our inner wisdom. It creates community and promotes peace. It honors the diversity that is so rich in our world. InterPlay is interfaith, multicultural and intergenerational.

www.interplay.org

Events happening all over the country and around the world!

510/465-2797
info@interplay.org

We Will Miss You Lucy!

Dear SDG friends,

I am very sad to report that my dear friend Lucille Knopf passed away on Oct. 2, 2011. She was a longtime member of SDG, and loved dance, and to dance. I heard that the priest at her memorial liturgy began his eulogy with "I could have danced all night..." (She even went to Argentina to practice her tango.)

I am so grateful to have been in NY and thus able to visit her at Calvary Hospital in the Bronx shortly before she died, thanks to her beloved son Siegfried. I found her as if transfigured by an inner peace, face smooth without lines, eyes glowing. Sandra Rivera (co-director of Omega Liturgical Dance Company with Mignon Gillen) was with me, and I suddenly thought we should all dance around her. We began, her arms lifted, and with a great smile she joined in, half rising from her bed.

Lucy had been a friend since the 70's, from Catholic Worker days working and dancing for peace (she was a long-time peace activist) to the NYC Artists' Mass of long ago, to helping set-up Omega Liturgical Dance Studio at the Cathedral Church of St. John the Divine in NYC in 1975. She was indispensable as a volunteer administrative director, and kept Omega together for several years after I left for Berkeley, CA., helping the directors in all ways. She had a fierce spirit, which made it all the more a delight to see her so peaceful, her soul taking us all in with love. She was a wonderful woman who lived passionately.

Her formal Obituary notice is on our website under "Transitions."

Respectfully submitted,

Carla DeSola

Have YOU checked out our FACEBOOK lately? It's hopping!

Have YOU signed up for our TELE-INTERVIEW SERIES, yet? Psst—Pass the word and let everyone know...

How to Form a Sacred Dance Movement Choir

By Marilyn Green
SDG member and volunteer who currently works with Trinity Movement Choir of N.Y.

Laban's definition of Movement Choirs still holds: numbers of people joined in using choreographed movement together, with varying degrees of personal expression. Spiritually based Movement Choirs add yet another element. The spiritual energy of a group can be enormously greater than that of a single person alone and a Movement Choir combines the joy and freedom to dance the sacred with the power of the group, benefiting both the dancers and audience.

Today's Movement Choirs vary in their makeup and purpose from highly professional one-time or ongoing groups to collections of people brought together for a short period or as a continuing group—people of all ages and backgrounds and of all levels of experience and ability sharing the dance.

The first issue in creating a Movement Choir is its purpose or function, whether it is to offer collective prayer, to evoke Spirit, to celebrate an occasion, to bridge a social or cultural gap, to unite people, to heal—the purpose needs to be made conscious, although the function of the group may focus or change over time. And along with this is the question of the audience—some Movement Choirs have had none, but have established rituals for connecting members of the group with the sacred; others create the group as a focal point to bring the sacred to others.

The second area of concern is the question of who will be involved, what the time commitment will be and where the dance or dances will take place, all tied to the function. This will dictate your choreography, the length and frequency of the group's performance and how much improvisation you want to incorporate. Whether you choose to involve people who move in the same tradition, a diverse group in terms of experience and sacred traditions, a group of men only, women only or an age range, your pathway will be colored by the nature of the group.

Choreography is much touchier for a Movement Choir than for a professional company. The most successful pieces are beautiful, but within the compass of the least accomplished person in the group so there is satisfaction in achievement that allows the participants to fill the movement with their individual spiritual connections and build the collective power.

Another key element is what you will dance to – are you planning to use music, drums, hands clapping, chant, breath?

It can be useful to find something physical that can unite the group and underlines your purpose—armbands, banners, costumes, whatever. Several groups I have worked with had medicine sticks for the Four Directions or the Elements or whatever they worked through to greet the Divine; some have used colored clothing, some ritual masks, but it

really helps to establish a group identity physically as well as spiritually. This may depend on your resources (financial and artistic) or those of the group itself, as well as how long the group will work together.

One pitfall of Movement Choirs has traditionally been that quick simultaneous movement, unless carefully choreographed, can look like calisthenics when performed by a large group, especially when many members are inexperienced. You'll need to consider how to make the movements count, how to go beyond the need to move together to the content of the movement, conveyed in a way that works for the dancer and the audience, if there is one. In sacred dance as in all connection with the sacred, there is a delicate balance between the personal experience of the Divine and the power of the group, and way you choose to cut this cake will have a very strong impact on your creative process and performance.

Practical steps:
Plan how you will handle expenses and whom you have to draw on for help in everything from costumes to permits, rehearsal space to makeup. Give group members some ownership here, if possible; involve them in finding resources.

Know how you will communicate with the group (and how they will communicate with you).

Be sure to get agreement on the length and frequency of practice sessions; if these are not professional dancers you will have to make allowances for latecomers and individual conflicting commitments that pop up.

Make your process very clear when you introduce a dance to the Movement Choir. Give them time to absorb each section and find the spiritual content or they will have the moves and miss the most important aspect.

Give some attention to what happens after the performance; some sort of celebration, completion or continuation is in order. Don't let the energy just disperse at random; it's very disconcerting.

Document, document, document—and share the documentation with the members of the Choir.

In my experience, if you can unite the group vertically—with the Divine—many of the horizontal issues evaporate...

Diamonds are Forever

By Carolynn Hine-Johnson

I am a member of the Sacred Dance Guild. Here's my story about my true love, divine connection and a diamond ring.

Early April of 2008, my husband Scott and I were in Indianapolis roaming around the museum as we waited for a report from Indiana University Hospital about whether or not they were able to collect enough stem cells. Scott donated his own cells for a stem cell transplant that would hopefully cure his non-Hodgkin's lymphoma. While at the museum, I received a phone call from Sacred Dance Guild members Indi and Gail asking if I might be interested in becoming Secretary of the Sacred Dance Guild. I said yes because I was a past member and intended to return.

Scott was admitted into the hospital the next day. The transplant was a success. On April 10th he was infused with his new stem cells. He insisted that Mozart's "Requiem" was playing on the CD player in his room during the procedure.

Fast-forward a few months. Scott and I attend SDG's 50th anniversary, "Moving Mysteries" at Connecticut College. Yup! Scott attended the classes too. He often quipped that dance was in our marriage contract. During the time of sharing at festival, I performed a Spanish Flamenco dance while Scott sang and played the guitar to the song "Be Merciful, O Lord". It was a very special moment for both of us. We were so bonded and really enjoyed coming together in our respective art forms. Also, we would soon celebrate our 22nd wedding anniversary.

At the banquet Scott won a beautiful diamond ring that had been donated to the Guild by Starfire, a former member. He was shocked. He never won anything before. On stage he gave a tearful thanks and then got down on his knees to present the diamond ring to me. He explained that he always felt bad because when we were newly married he was too poor to give me a diamond. I always felt that I received the most precious diamond ever, my husband. Yes, Scott was my diamond. He was forever.

Scott and I were curious about Starfire. We learned that she was a lifetime SDG member who died of cancer a few years earlier. Starfire, like Scott, was adventurous. We heard that when she entered menopause, she created a celebratory dance wearing a red skirt with a flowing train. I can still hear Scott saying, "Wow, what a woman!" We also learned that she was an incredibly gifted teacher who began all her dance classes with the saying "Inhale Grace, Exhale Gratitude." This left a very deep impression on Scott. He internalized Starfire's motto, even as he read the book of Job, the person who he most identified with. Scott began living Starfire's motto and shared it with his students, peers and administrators of Bethel College. Everyone was awestruck with his wisdom. He carried Starfire's story to anyone who was willing to listen.

His last lecture was in chapel to approximately 1,000 students and professors at Bethel College in February 2010. When he became overwhelmed with tears, he whispered, "Inhale Grace, Exhale Gratitude." He knew his days were numbered.

Scott wasn't able to stay in remission. The cancer kept coming back.

On December 26, 2010, we went once again to Indianapolis to receive a stem cell transplant. The previous day there were complications. Apparently Scott became infected with a virus. On the morning of January 3, 2011, my precious diamond's heart stopped beating. I stayed at his side for several minutes until a nurse said that I could wait in the lobby while she cleansed his body. She would let me know when I could return.

After about 30 minutes the nurse appeared with a big smile. "Come, you need to see this," she said. I entered the room and said "He's smiling!" This is significant because Scott died with a ventilator in his mouth. I asked the nurse, "Did you do that?" She said, "No. I wiped his faced with a cloth and when I removed it, the smile was there." Unbelieving, I scrutinized more. I noticed that the right side of Scott's mouth was a bit higher than the left. I also noticed that his right eye was a bit more crinkled in the way that it usually was when he smiled. Yes this was a Scott Johnson smile. My diamond was trying to tell me that he was in a beautiful place. I like to think that Scott and Starfire are sharing a joyful song and dance together.

Although this year has been extremely difficult and I'm still deep in the midst of serious grieving, I feel that it is my responsibility to continue the message, "Inhale Grace, Exhale Gratitude."

Scott was an adventurous, loving, deeply spiritual and highly intellectual man. He loved camping, hiking, getting his hands dirty, reading, helping people in need, spending a couple of hours a day in his prayer closet in the basement and crying during Hallmark commercials. Scott had a Bachelors degree in Music Therapy, a Masters degree in Theatre, another Masters degree in Philosophy and a PhD in Communication. He taught Speech and Communication at Bethel College in Mishawaka, Indiana. He and his students had a special bond. Yes, Scott was very intelligent. However, it was his tenderness and willingness to be a servant to other's that won my heart. Yes, diamonds really are forever.

In July of 2012 The Sacred Dance Guild's Festival will be held at Hope College, in Holland, Michigan. Hope College's motto is "Our Anchor of Hope for the Future." What a lovely fit for SDG.

Our Faculty Chairpersons are the anchors of our festival; they have a multi-layered list of tasks, prior to and during the festival. After we select a venue and a theme, one of the next steps is to issue the Call for Presenters.

We are so very pleased to introduce our very capable and experienced Faculty Chairs for Festival 2012 "Dance a World of Hope." Patricia Fisher and Stella Matsuda are long time SDG members who have held various positions in our organization. They bring so much to the table with their wealth of experience.

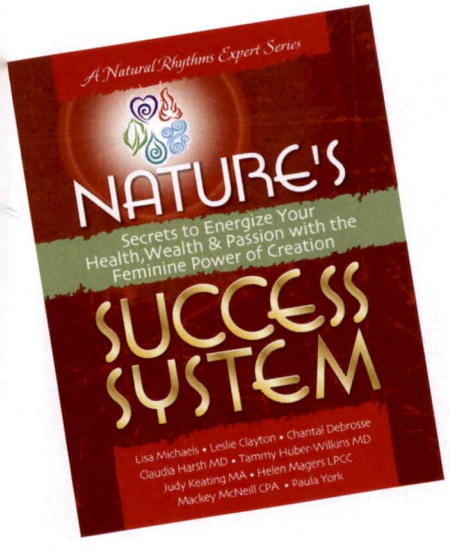
Patricia was a Faculty Chair for Festival 2000 and co-Chaired with Phyllis Stonebrook for the 2008 Festival. She has been director of Regions and helped to revise the SDG Governance structure in 2004-06. Patricia is a member of the Ottawa Local Network, and is a skilled workshop organizer. She has a passion for Creative Movement and seeking new ways to express Sacred Dance.

Stella Matsuda, resides near Los Angeles. Currently she is the Administrative Director of the Alleluia Dance Theatre, which she founded in 1978. About that same time, she became involved with the Sacred Dance Guild. Stella is a SDG past President was the Festival Chair for the SDG Festival in 2003 and a Workshop Leader at the 2007 SDG Festival. Former Director of Dance at Moorpark College, Stella has taught at festivals, workshops and churches throughout the US and performed professionally in a California modern dance company.

Please contact Stella Matsuda at **stella@rejoiceadt.org** or Pat Fisher at **patfisher888@gmail.com**. Visit our web site at **www.sacreddanceguild.org**

HOPE COLLEGE

DANCE A WORLD OF HOPE - 2012 • A SACRED DANCE GUILD FESTIVAL
HOPE COLLEGE - HOLLAND MICHIGAN
JULY 24-29, 2012


A Natural Rhythms Expert Series
NATURE'S
Secrets to Energize Your Health, Wealth & Passion with the Feminine Power of Creation
SUCCESS SYSTEM
Lisa Michaels • Leslie Clayton • Chantal Debrosse
Claudia Harsh MD • Tammy Huber-Wilkins MD
Judy Keating MA • Helen Magers LPCC
Mackey McNeill CPA • Paula York

A DAILY DOSE OF DANCE

SDG's Vice President has just given birth to a new book whose last chapter is "Simple Life Rx: A Daily Dose of Dance." SDG is one of the four global movements that the book will share a portion of its proceeds with.

This new book "Nature's Success System" will help you gain some vital support from nature for the organic growth of your creations and strengthen your inner abilities to powerfully expand your business and life success. Each chapter focuses on a specific way of utilizing the elemental forces or Nature's rhythms to enhance your ability to thrive.

You will be introduced to eight extraordinary women from all walks of life who have mastered Nature's success system to energize and enhance health, wealth, and passion in their personal and professional lives. Along with Hay House Mover & Shaker and Natural Rhythms author and president Lisa Michaels, their stories and insightful strategies will inspire and empower you. Discover tools to live your life richly and fully by engaging the elemental forces of Nature and embracing the Feminine power of creation now.

Find out about "Your Daily Dose of Dance" and help support your Sacred Dance Guild, both at the same time. Go to www.naturalrhythms.org

Swan Song

By Elaine Herg Sisler

On a rainy September morning I traveled to Waterloo, New York to celebrate my Aunt Margaret's 90th birthday. Family and friends gathered for a grand party on Saturday afternoon. The sun came out just as we sipped Croatian Grappa toasting a great lady. Saturday evening Aunt Margaret performed in the Senior Follies. Her solo song was "Some One of These Days, You're Going to Miss Me Honey". She stole the show dressed elegantly in a long black dress slit to reveal a dainty red garter that took her a full day to sew. As we were heading home that evening Aunt Margaret smiled, hugged me and said, "This is my swan song". Sadly, my cousin called the following Monday to say that Aunt Margaret had transitioned into spirit that morning.

Aunt Margaret was a woman of determination and faith. She had faith in God, in her Church, in her husband and in her children. She also had faith in herself. Her dance of life was not easy as she raised three children while studying to become a nurse and refurbishing their hundred-year-old farmhouse. She sanded floors, weaved rugs, made slipcovers and curtains, knocked out walls, remodeled the kitchen and bathrooms and replaced a front porch. She canned and froze food from her garden to cut down on expenses. Aunt Margaret was a giver of self to her husband, children, family, friends, church and community.

Many will dearly miss Margaret Herg Nasal. She was hard working, loving, sweet, funny and spirited. Now she sings and dances with the angels. How blessed I was to have her in my life. She was a wonderful role model as well as a peacemaker. I will dance a "Hymn Of Peace" at her Memorial Service.

I hope this story inspires and encourages our Sacred Dance Guild elders to keep dancing. It need not be with whole body movement. We can dance in many different ways to benefit and support the guild. We can keep our membership current. We can dance solicitation for sponsors and benefactors. We can dance outreach to perspective members by telephone, email or good old fashion snail mail!

Why not start dance clubs to view sacred and secular dance videos or DVD's? Please "dance on" using your imaginations as well as your bodies. Together let's continue to celebrate dance as a sacred art regardless of age or abilities. We have so much to learn from one another in this great dance of life.

SDG member Lillian Herg, Margaret Herg Nasal & SDG member Elaine Herg Sisler.

Announcing CultureFest 2012!

Dance a World of Hope
Celebrating Divine Diversity
Benefit Concert for "Dancers in Need" in Armenia and Croatia

Sunday, March 25, 2012 • 2:30 pm
National Heritage Museum
33 Marrett Road
Lexington, MA 02421

The Sacred Dance Guild in collaboration with the North East Dance Retailers Association and COAF (Children of Armenia Fund) is sponsoring its second Sacred Dance Global Outreach program. SD-GO is a Sacred Dance Guild social justice initiative to support dancers in distressed circumstances around the world. CultureFest 2012 will include a benefit dance concert and the shipping of dance supplies to Armenia and Croatia.

Please contact Elaine Sisler for more information on how you can join the SD-GO team. You may also want to check out SD-GO on our website for information about our past SD-GO CultureFest activities.

The Four Directions Light Body Prayer

by JoyBeth Lufty

As we have seen in the previous issues of SDG's Journal, Body Prayers can be from any tradition, with or without themes or song, and from complex to very simple. They do have a common focus in movement, rhythm and repetition all oriented towards connecting with The Divine.

This featured Body Prayer was created from my Soul's voice to help me to fill up with Divine Energy or light when I need a boost. Remember to breathe and to make this prayer your own. You will be chanting or sing-songing the words and dancing this in one fluid motion to the East, the South, the West, and the North.

- While chanting or sing-songing **"I AM THE LIGHT"** the right arm comes out from the side and reaches up into the heaven with palms up and fingers spread out.
- Moving fluidly, it dances on down to the Solar Plexus. As it moves down, the left arm joins it and together they move out from the body center with both palms connected and pointed towards the sky while chanting or sing-songing **"I GIVE THE LIGHT."**
- Without stopping the hands flip over and move back towards the heart while chanting or sing-songing **"I RECEIVE THE LIGHT."**
- Then they join at the heart shooting up to the sky together separating at the top as they shimmy back down to their sides while chanting or sing-songing **"I LIVE THE LIGHT."**
- After a complete cycle facing East, you turn and repeat all facing South, and then West and finally North. Do this as many times as it takes for you to feel the connection and the shift in your energy.

JoyBeth is an author, dancer, teacher, and interfaith minister. She has been a faculty member at our Festivals, also serving SDG by being on its Board of Directors. www.soulintegrators.com

SDG Board Rocks with John Ceprano in Ottawa

John Ceprano was born in Providence, Rhode Island, July 6th 1947. His parents were 1st generation Italian American, of Neopoitan heritage. In 1973, he relocated to Ottawa, Canada, becoming a Canadian citizen in 1991. He presently resides in Gatineau, QC.

Initially Interested in meteorology, he attended Community College of Rhode Island, 1966-1968, and received an Associate degree in Science with a concentration in Physics. In 1968, he transferred to the University of Rhode Island, receiving a BFA with a concentration in painting and printmaking, with the department's 'Chamber's Scholarship' in 1970; he completed the degree at the University of Ottawa, as a 'final year of study abroad'. From 1982-84, he attended Rhode Island College with a graduate assistantship from the Fine Arts department, while pursuing an MA in photography; he continued his study in photography at the University of Ottawa as a non-degree student from 1985 to 1990.

In 1986, he began the practice, "The Art of Balance", a site specific project creating free standing balanced natural rock sculptures 'in situ' at Remic Rapids Park, Ottawa. He received a Canada Council grant in 1989, and continued to receive sponsorship from the National Capital Commission, a federal agency, from 2000 to the present. Under the partnership with the NCC, the "Balanced Rock Sculpture Project", evolved to include music, dance and theater performances upon site as well as daily workshops for the community as well as welcoming tourists to the capital on site every day from June to October.

SDG's Executive Board joined Ottawa artist John Ceprano to celebrate and integrate the arts of sculpture and dance. Your "Dancing Board" took a break from meeting time last summer and waded onto the Ottawa riverbed. We danced with delicate balance among many intriguing rock sculptures.

The stones gathered out of the riverbed are rich with subtle color, patterns and texture. It is forbidden to touch the sculptures yet our instinct was to do so. They are tangible, sensuous and beckoning. With John's nod of approval we danced with grace and respect among the sculptures.

The artist created an illusion of delicacy. In response we danced with fragility. In the midst of dancing and enjoying a charming equilibrium there was the intimation of collapse that was both humorous and terrifying. We danced the creative energy pulsating from the rock sculptures. We left sharing a new perspective on the fragility of life and the blessedness of balance.

BEAUTY WE ARE: A SACRED DANCE JOURNEY

by JoyBeth Lufty

BEAUTY BEFORE US, BEAUTY BEHIND US
BEAUTY ABOVE US, BEAUTY BELOW US
BEAUTY ALL AROUND US, BEAUTY WE ARE...

Eleven of us came from California, Maine, Massachusetts, Iowa, Ohio, Illinois, Texas and Canada to dance the sacred in Sedona and The Grand Canyon for SDG's very first Sacred Dance Journey October 5-9. From the first breathtaking view of The Sedona Red Rocks seen from the seats of our Phoenix shuttle van to the spectacular sunset sky that surrounded us from on top of The Citadel's Anazasi ruins, ours was indeed a sacred journey of mind, body and spirit.

This was a collaboration between our Sacred Dance Guild, Sacred Sites Journeys (our travel agency), and Red Rock Tours of Sedona. Our Sedona van driver, Pete, jeep driver, Big John, and our big-hearted and very funny driver and tour guide for our day-long adventure to The Grand Canyon, Joel, kept us informed and also laughing. Our home for four nights was The Inn of Sedona where we were surrounded by views of the Red Rock vortex formations. Many of us from the north country managed to get in our last outdoor swims for the year and warmed up in the bubbling hot tub.

Our Sedona Vortex Guide was Mark Amaru Pinkham, Director of the World Alliance for Planetary Enlightenment. Mark led us to four different vortex's, providing us with many facts and figures about the history and geology of the area. He took us on an adventure into ancient and future civilizations using the energy from the vortexes, lecture, meditations, medicine wheels, 4-direction ceremonies and Peace Prayers from many traditions around the world. And, of course, we danced…

At or near Airport Mesa, Bell Rock, Cathedral Rock, Boynton Canyon and The Grand Canyon, we danced our SDG official song and body prayer "Moving Mysteries" using the power of the vortexes to connect and become one with all peoples. *"People of the East, people of the West, come dance in the rising of the sun. People of the North, people of the South, moving mysteries we are one…"*

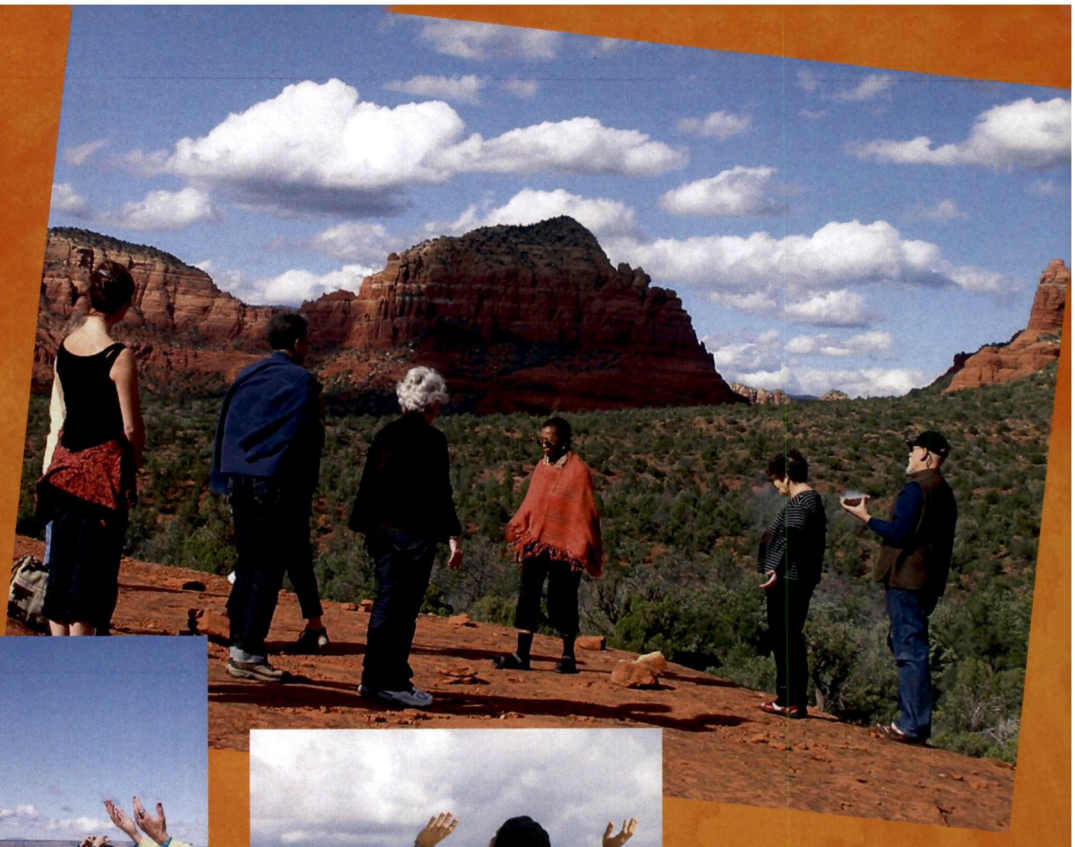
We connected with and brought in the healing energies of the beauty that surrounded us by dancing the "Beauty Before Us" Body Prayer inspired by North American Native Peoples. Dancing "Circle of Love" helped us to bond as a group and in friendship and was a gift to us all: *"We are surrounded by a circle of love, a circle of light, a circle of truth. We are surrounded by a circle of love, a circle of healing power…"*

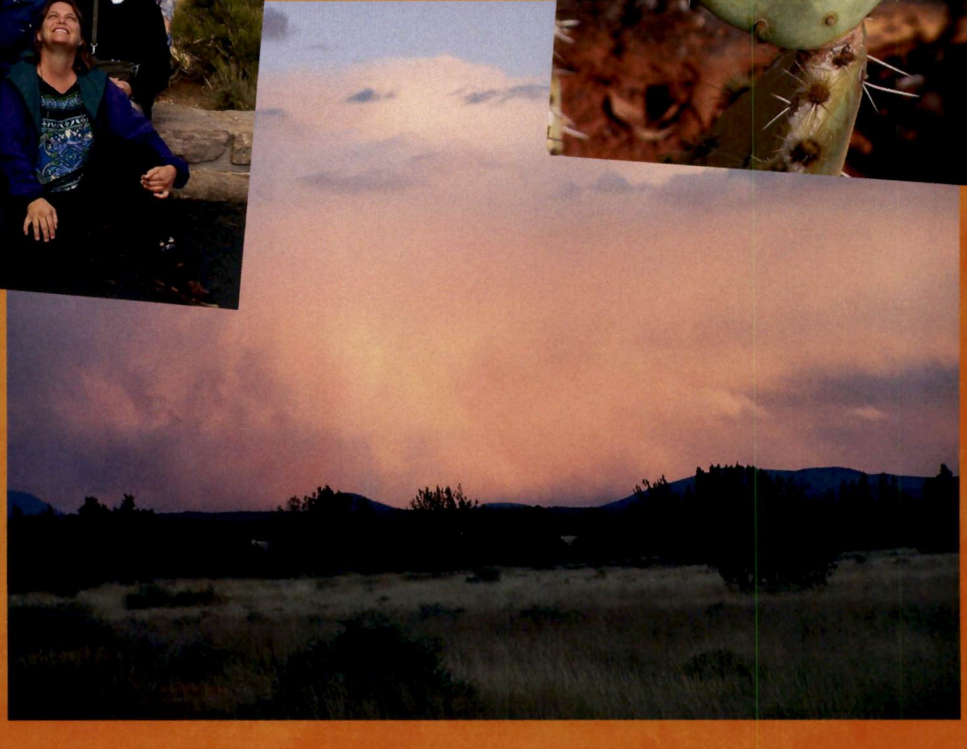
"Deep Peace," taken from Celtic origin, deepened our connection with the transformative energies of nature in all its forms. "Deep Peace to you. Deep peace of the starry night to you." Other songs and dances arose spontaneously out of the moment at times and contact improvisation added to the playfulness that happened between the deep silent spaces. We embodied the awesomeness of The Grand Canyon in a free form dance of connection and became the Condor, Puma, Snake, and Dragon of shamanic ceremony in front of the shimmering temple-like formations of Boynton Canyon.

We played with two different dances/songs that Elaine Sisler is developing for our up and coming Festival 2012 "Dancing a World of Hope" at Hope College in Holland Michigan July 24-29. All our dancing and meditating, deep dialogues and laughter-filled playfulness, explorations and discoveries made it hard to leave one another. However, knowing that another dynamic opportunity to dance the sacred together is coming up soon for SDG helped us all to go back home to spread the love and peace we shared in Sedona and The Grand Canyon.

The Blessing of the Goddess

By the Earth that is her body, By the Air that is her breath, By the Fire of her bright spirit, And by the Waters of her living womb, May the peace of The Goddess go with you. Merry meet, merry part, and merry meet again…





RECOMMENDED READING/VIEWING

By Toni' Intravaia

Art, Architecture & Our Search for the Sacred
By Richard J. Vosko, Publisher: A Production of Deeper Dimensions, Inc.,10738 Hayvenhurst Ave, Granada Hills, CA 91344

Journal of Dance Education
published by J. Michael Ryan Publishing, Inc., 24 Crescent Drive North, Andover, NJ 07821

A Practical Guide to Dancing in Worship
by Deana Bess Sherman: order Deana Sherman, P.O. Box 119, North Aurora, IL 60542

Religion Teacher's Journal
Ignatius Press, P.O. Box 1339, Ft. Collins, CO 80522

The Christian Body Dances: A History of Dance in The Christian Church
by Karen Josephson

Divining the Human (DVD and VHS)
The Cathedral Tapestries of John Nava
www.DiviningTheHuman.com

Dancing on the Earth—Women's Stories of Healing Through Dance
Edited by Johanna Leseho and Sandra McMaste
Published by Findhorn Press,
117-121 High Street Forres IV36IAB,
Scotland, UK, www.findhornpress.com

WANTED:

Pictures of you and/or your Dance Group/Troupe dancing the sacred.

Send who, what, when and where to Pres@sacreddanceguild.org.

ADVERTISING JOURNAL AD RATES:

COLOR rates for our regular ads:

1/8 page or business card	1 issue $50	2 issues $90
1/4 page	1 issue $75	2 issues $125
1/2 page	1 issue $125	2 issues $200

Help us support you by supporting us through advertising in our Journal, our Festival Program, our Festival and SDGO Concert Programs, and our online SDG Business Directory.

Check us out on our web site:
www.sacreddanceguild.org

SACRED dance GUILD

Remember to go online www.sacreddanceguild.org and update your Member Profile with your latest e-mail address, your picture and your personal website link…

Part of a Sacred Dance Group?

Send us your newsletters to post on our website!

YOUR SDG NEEDS:

Your writing, interviewing, teaching, coordinating, resourcing, promoting and programming skills, time and energy. Contact **Pres@sacreddanceguild.org** to **VOLUNTEER.**